

300 ARE RESCUED

FISHERMAN SAVE PERSONS ON SHIP RUNO, WHICH WAS SUNK BY A MINE.

LINER IS BLOWN TO PIECES

Large Portion of Ship Is Scattered by Fearful Explosion—Crews of English Trawlers Push Through Debris to Pick Up Passengers.

Western Newspaper Union News Service.
Grimsby, Eng.—Nearly 300 persons were rescued from the Wilson line steamer Runo by trawlers when the vessel sank in the North sea, a victim of a contact mine. The prompt work of four trawlers, the Silencen, Strethon, Cameo and Prince Victor, saved the lives of nearly everyone on board.

The Wilson line officials say that all of the crew and all but twenty-seven passengers are safe in this port. The Silencen picked up 128 survivors—practically all she could hold. The Cameo saved nearly 100 and the other two trawlers 70.

The Runo was bound from Hull on the long trip across the North sea to Archangel and her passengers were mostly Russians from America who were returning to Russia with their wives and children. The boat hit the mine in mid-afternoon in fine weather. The explosion was terrific and a large portion of the ship was shattered, while several passengers were injured and one killed.

It was extremely fortunate that the little fleet of four trawlers, homeward bound with their holds full of fish, chanced to be almost within hailing distance of the Runo at that moment. The trawlers, regardless of the consequences to themselves in view of the possibility that there were other mines in the neighborhood, pushed through the wreckage and picked up sailors and passengers who were clinging to sticks and rafts. These were people who, in the first panic, had jumped overboard or had been blown into the sea. Others were gathered from the decks of the fast sinking ship.

FLOOD LOSS MILLION AND HALF.

More Than 3,000 Persons Are Driven From Their Homes.

Kansas City.—As a result of the greatest rainstorm ever experienced here more than 3,000 homes have been flooded and hundreds of persons driven into the streets. Despite the fact that the waters are receding, there was much danger from collapse of buildings. The loss is estimated at \$1,500,000. Telephone service through out the city was demoralized and street car service was suspended in many sections.

The flood already has cost three lives. Two men were killed when they came in contact with a broken trolley wire and a woman was drowned when the waters engulfed her home.

Golden Anniversary.

Chicago.—Knights of Pythias from all parts of the country concluded a three days' celebration of the golden anniversary of the order with appropriate ceremonies. The feature of the closing day of the celebration was a parade of 10,000 members of the organization, which was reviewed by Brigham B. Young, supreme chancellor; John J. Brown, supreme vice-chancellor, and Mrs. Cora M. Davis, supreme chief of the Pythian Sisters.

Pulp Shipment.

Seattle, Wash.—The steamer Astorian took as part of her cargo to New York 500 tons of spruce wood pulp from British Columbia. This is the first pulp shipment from British Columbia to the Atlantic coast and is expected to be the forerunner of many more, the supply of timber having been nearly exhausted on the eastern coast of the United States.

Germany Exonerated.

New York.—Several hundred passengers of the Holland-American liner Rotterdam, which arrived from Rotterdam, signed a statement declaring false the reports that Americans had been ill treated in Germany. The statement closed with the request that a copy be forwarded by the Associated Press to President Wilson and Secretary Bryan.

To Preserve Art Works.

Washington, D. C.—Neutral diplomats have asked Ambassador Herrick at Paris to sound the American government on the question of making joint representations to Germany to protect certain buildings and works of art in the attack on Paris. This is the substance of official advices received.

Crack Racers to Race.

Grand Rapids, Mich.—It is announced that the match race between William and Directum I, considered the two greatest pacers in the world, will take place here September 24. The horses will contest for a \$5,000 purse.

Paris.—A dispatch to the Havas agency from Rome says that members of the Italian socialist reform party met in Rome and adopted resolutions indorsing the declaration of Italian neutrality in the present war.

Winnipeg, Man.—Vilhaljamur Stefansson, the Canadian explorer, is marooned on the ice off Herschel island, according to Rev. W. H. Fry, a missionary, who has been among the Eskimos and who arrived here from Kittigagjedit. Stefansson is in no immediate danger.

London.—A dispatch to the Reuter Telegram company from Sofia says that a new comet has been observed with the naked eye from the observatory at Plevna. It was located in the constellation of Gemini.

A GLIMPSE OF HONOLULU



THE Hawaiian islands are a lotus eaters' land, where it is always afternoon and where the call to strenuous work is seldom heard. They are an ideal place for a vacation, especially in the winter months, when ice and snow hold fast most of the United States. Even to a Californian the climate is singularly equable, as the mercury seldom drops lower than 55 degrees and in midsummer it rarely climbs above 85 degrees. To one used to a harsher climate this equable temperature, with its soft, balmy winds, seems very enervating. Walking in the middle of the day produces profuse perspiration and energy is much relaxed. It is a positive effort to walk more than a block or two, and mental work is not pleasant. After one is acclimated, however, the blood becomes thinner and old residents of Honolulu declare that they can do nearly as much work as on the mainland.

Thoroughly Americanized as they are, these islands present a variety of races that make their future a problem for any thoughtful observer. While the Hawaiians are a rapidly dying race, the Japanese have leaped into the foremost place in numbers and have seized all the small manufactures and petty trades and industries that were once controlled by the natives. With thousands of Chinese, these two people have orientalized many quarters of Honolulu, while they give a peculiar stamp to many of the small towns throughout the island. Together they form 60 per cent of the population. These orientals retain their native dress and customs far more than they do in California. In fact, in passing through many of the villages on the big sugar and pineapple plantations, the visitor is reminded of the country towns in Japan.

It is the exception in Hawaii when one meets today a native Hawaiian of pure blood. The best cross is that between the Hawaiian and the Chinese, the oriental blood giving the business ability which the native lacks. Next to this comes the Japanese and Hawaiian, a blend that produces many beautiful girls. The energy of the white man is greatly impaired by union with the Hawaiian. With this blending of races is a complete breaking down of the usual racial lines. In California the Japanese has no social standing, and a white girl who marries a Japanese is ostracized. In Hawaii the Japanese and the Chinese, when crossed with the Hawaiian, has as good a social position as the whites.

This extraordinary cosmopolitanism was shown very clearly at an entertainment given in Honolulu. It was a variety performance for the benefit of charity, held in the roof garden of the Alexander Young hotel, and all Honolulu society was out in force. Girls of great beauty, with complexions like rare porcelain, had the slant eyes of the Mongolian; others had almond eyes and the dusky skin of their mothers; others were dark as southern negroes, with thick lips and bold, rugged features—representatives of the native race which is fast disappearing. And all these people of various races mingled in perfect amity and good will.

It is curious to observe the absolute breaking down of all race prejudice as seen on the street cars and at all public places and entertainments. The man who is used to the Jim Crow cars for colored people in all our southern cities will be startled in Honolulu to see a dusky Hawaiian woman, with her bundles of household purchases, drop down into the seat beside him on any crowded street car of Honolulu, or a Japanese or Chinese share his seat, with no feeling that he is an intruder. It is this absolute assumption of social equality by what we have come to regard inferior races that gives a shock to the American visitor to Hawaii. But after the first surprise one is apt to admire this new social equality, which takes no count of race or creed or training, of color of skin or setting of the eyes.

The two most wonderful sights in Honolulu are the work of man. These are the Aquarium and the Bishop museum. The first belongs to the city, and, because of the extraordinary variety and coloring of the fishes, it surpasses in interest the great Aquarium at Naples. The other was founded by Charles Reed Bishop, a wealthy merchant of Honolulu, in memory of his wife, the Princess Pauahi, who was the great-granddaughter of the ruling chief at the time of Captain Cook's visit and a direct descendant of Kamehameha the Great. The museum is housed in a fine stone building in the center of the Kamehameha school grounds at Kalihi, a suburb of Honolulu.

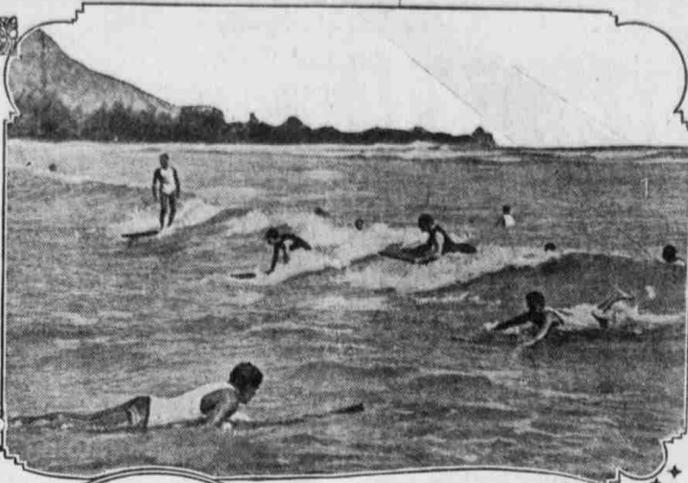
The Aquarium is located near the famous Waikiki beach and is easily reached by a car ride of about twenty minutes. The building is unpretentious, and the tanks are not arranged with the art shown in the Naples Aquarium. What impresses the visitor almost at the outset is the wonderful variety of the fishes and their equally wonderful coloring. To describe them as they are lays one open to the charge of exaggeration. Not only are there fish of fiery red, deep blue, light blue, orange and other primary colors, but these colors are blended in many variations of stripes and other eccentric markings. Then, too,

LUCKY FOUR-LEAFED CLOVER

Explanation of Abnormality in Growth has Been Given to World by French Scientist.

Since four-leafed clover is said to be "lucky," it might be well to know how it happens that while most clover has only three leaves, one is found now and then with four.

According to J. Borrius, who discusses the question in the Archives des Sciences Physiques et Naturelles,



IN THE SURF AT HONOLULU



THE SWIFT RUSH TO THE SHORE



POKES OF THE SURF RIDERS



HITTING OUT THE CURVE

scores of these fish are marked by queer patches of vivid colors apparently set into the body of the fish. Others have elongated noses or long streamers of white or yellow that follow them like a pennant.

The Bishop museum can be seen very fairly in two and a half hours, although a second visit will be found profitable. The location of the building is singularly fine. From its windows one may look out upon a noble stretch of territory. Mrs. Bishop, after a life of usefulness to her people, left her entire estate to found schools for young Hawaiians. Amid a fine park at Kalihi are grouped the buildings of the Kamehameha school, where a large number of young boys and girls are educated in the ordinary English branches and in manual training. The original museum consisted of an entrance hall and three rooms; to this have been added two wings, one for Hawaiian curios and one for Polynesian. Besides its unique collection of Hawaiian articles that serve to illustrate the old life of the people, the museum is the richest in the world in Polynesian exhibits. Much of the pleasure and profit which the tourist gains from the museum is due to the fine arrangement of the exhibits and the admirable casts of Hawaiians made by the director, Dr. William T. Brigham, who has been in charge of the institution since its foundation. Doctor Brigham is well known to scientists for his works on the volcanoes of Hawaii.

Though nearly eighty years of age, he is full of energy, and if you are fortunate enough to carry a letter of introduction to him he will not only show you all the treasures of the museum, but he will give you a mass of information about early Hawaii and its people which he has gathered during his fifty years of residence on the islands. The doctor is violently anti-Japanese, and he is not partial to the native Hawaiian, as he declares little good can be expected of a race whose language has no words for virtue, honor or home.

The nucleus of the museum was the large and priceless collection of mats, calabashes, feather work, tapa and relics that were bequeathed by Mrs. Bishop as the last of the royal line of the Kamehamehas. To these have been added many treasures given by the late Queen Emma and fine collections of 9,000 species of shells, of Hawaiian plants, birds and insects and rich exhibits of ethnological specimens not only from Hawaii, but from all the principal islands of Polynesia. The rare treasures of the museum are in the Kahili room. These are Kahilis or large feather standards used at funerals of royalty, and the famous robe of the first Kamehameha, made entirely of feathers from the orange and black mamo bird, which is said to be valued at a million

dollars. These birds, as well as the yellow and black oo, the scarlet lili and others, were protected by stringent decrees, and the feathers were used exclusively in the making of these royal cloaks and standards. The rich yellow of the mamo cloak is contrasted with the more common cloaks of the oo bird. The British museum has a smaller mamo cloak than this, which was given to Queen Victoria.

The Hawaiian hall is rich in articles that illustrate the early life of the people of the islands. Doctor Brigham devised the ingenious plan of taking brighter casts of living Hawaiians who were good types of their race. Then from these casts were made the figures that now represent the worship and the industries of the people. Thus, for instance, we have another moulding the taro to make poi, the national dish, and others cutting from stone the pounders used in this work. Others are shown spinning and weaving and making weapons and fishing tackle.

One of the most striking groups is that of a kahuna, or medicine man, praying before a big calabash, in order to draw down a curse upon his enemy. So superstitious are the natives that even in these days if a man learns that a kahuna is praying for his death he takes leave of his friends, settles his estate, turns his face to the wall and gives up the ghost.

Among the valuable specimens in this room is a unique collection of kapa, or tapa cloth, made from vegetable fiber. Of all the islanders of the Pacific, these Hawaiians made the finest tapa, and Doctor Brigham has gathered here wonderful specimens of their skill. Most of this cloth was made from the paper mulberry, a shrub that was cultivated by all Polynesians. The bark from the lower branches of these trees was stripped off, dried and then laboriously beaten, and the fiber welded together into sheets. The pattern carved on the beater gave figure to the tapa cloth, and the coloring was done by vegetable dyes. The museum contains also many fine specimens of the old basket work, which has now become extinct.

Perhaps the most interesting exhibits in the Hawaiian hall are the large central cases, one containing an ancient grass house and the others a replica of an ancient sacrificial temple. The grass houses have well-nigh disappeared from the islands, although over thirty years ago they were universal in the more remote parts of the islands. This house was found in Kauai, the garden island, and it was evidently made by skilled workmen, the whole being bound together by strong rafters, the whole being bound together by tough braids and thatched with palm grass. The only opening usually provided was the door, although sometimes a small hole was made in three feet high. The door of plank was seldom over one foot high. A small circle of stones on the ground floor was raised slightly and covered with fine mats, served as the family bed. There was no furniture, as the Hawaiian squats on his haunches when working or taking his food. These houses were wholesome when new, but they soon became musty and vermin-infested.

Surf riding is a sport peculiar to Hawaii. It furnishes more thrills to the minute than any other known sport, with the possible exception of vulpinism in an aeroplane. On the Waikiki beach at any hour of the day men may be seen surf riding on boards. Beginners roll about inshore at the mercy of the waves, which batter them about and throw them up in huddled heaps upon the sand, amid roars of laughter from the onlookers. In the far distance, tiny figures with outstretched arms, like the wings of a bird, fly, hover, float, with perfect poise and grace, upon the crests of green breakers.

Describing his first experience in this sport a writer says: "Clad in scanty bathing dresses, we ventured forth, a party of three, and trust ourselves to the mercy of two brawny, mahogany-colored natives. The long, narrow canoe is steered by an outrigger, a slender log held by curved crosspieces. As we paddled out, breakers rose like green walls in front of us; thrilling enough, but nothing to the excitement when we turned to come in. Having got some way out, we waited, paddling gently, for a really big wave. Suddenly our black men began to shout wildly, and away we went, a huge wave gathering up behind us, while we fled down its green and gleaming surface amid showers of blinding spray and the shouts of the men, drowned by the hissing of the roaring water. The steeper grew the wave, the faster fled the canoe. We were going at racehorse pace, the water whirling in our faces. It was so thrilling, we forgot to be afraid."

Petroleum Output.

Pennsylvania at one time produced practically all the petroleum of the country, but last year its output was little over 3 per cent of the total, and was exceeded by that of seven states. The total production in 1913 as reported by the geological survey was 248,500,000 barrels, 11 per cent more than in 1912. California produced 31 per cent of the country's total last year and Oklahoma 25 per cent, these two states yielding more than all the others. The average price paid in the entire country was 95.4 cents a barrel in 1913 and 73.7 cents in 1912.

Right Size Too Large.

Bell—A French shoemaker has patented a machine that makes a plaster cast of a customer's foot and from it forms a last over which his shoes are made.

Beulah—That would never do over here. A shoe made like that would be altogether too large for a New York woman.

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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NATURE'S ALARM BELL.

"Dear Doctor—I am fifty-eight years of age and I have always been healthy except that I have had rheumatism in my legs for the past 15 years and it hurts me to bend my right knee. I am the mother of three healthy sons and they have inherited my rheumatism so that they are frequently troubled with muscular rheumatism. What will cure rheumatism?"

It is easy to picture the writer of such a letter as a plump, placid, kindly faced, motherly soul. A good cook, she is proud of the fact that she can prepare the same dishes on which her mother and her mother's mother before her successfully raised their families. But she has "rheumatism" and her sons have "inherited rheumatism." This is a fair sample of a type of inquiry frequently received from people who look upon rheumatism as a simple disorder which, quite as a matter of course, every one is bound to have sooner or later as a result of wet feet, damp clothes, or the weather, or as the result of "inheritance."

It is customary to apply the word "rheumatism" to almost every imaginable ache or pain occurring in any part of the body. From long abuse the word has lost its significance and has come to sound harmless; it does not convey any idea of danger and most people are perfectly satisfied if told that their various ailments arise from "rheumatism." It is a nice, convenient word, and it does not jar on their sensibilities.

Rheumatism is an acute inflammation of the synovial membranes of various joints with the accumulation of fluid; it is due to an infection of unknown origin and runs a course of about six weeks. "Muscular rheumatism" on the other hand, are either the result of strains, as we have already noted, or they are pains arising from organic diseases, or they are caused by one or more of many conditions, practically all of them connected either directly or indirectly with defective metabolism. Here is the basis of all our degenerative diseases, such as diabetes, Bright's disease, arteriosclerosis and apoplexy, all of which are on the increase, in spite of the numerous "cures," and all of which are allied to anemia. Whether anemia is the cause or the result of most of these metabolic disturbances is yet to be decided, but certainly circumstantial evidence points strongly in the former direction.

Why are these chronic pains so little understood? Because we do not want to know the truth if it will involve a thorough overhauling and readjusting of diet and of our mode of life.

With very few exceptions all of our troubles arise from the fact that we are unable easily to bring our mental pictures to coincide with the facts, to harmonize the subjective with the objective.

Health is a normal condition and ill health is a departure from the normal—hence there is a strong, persistent force continually working toward the normal and, barring organic breakdowns from inherent weakness, we are certain to "relapse" into good health sooner or later if we do not too persistently work against it. Therefore a raw potato in the pocket, a nauseous draft or faith and a cheerful mind are certain to be equally effective or ineffective, depending upon the angle from which you view them.

If you were to interview our friend of the letter you would undoubtedly learn that during these 15 years she has taken many kinds of liquids, pills and powders, used many liniments and ointments, had probably worn a few charms, such as magnetic rings that turn either green or black as they "absorb the poison." Most of the supposed remedies doubtless she has tried at the solicitation of well meaning friends; each perhaps effected a "cure" in due time. But the trouble always returned and she still has it.

Of course she wants to be comfortable and to get well, but she wants to do it in her way. To ask her to change her diet and mode of living or even materially to change her method of purchasing supplies, is asking her to tear up deep-seated and thoroughly entrenched habits, prejudices, tradition and beliefs and to go to additional trouble.

CAT LIVES 40 DAYS ON BEER

Weary Feline Traveler Crawls on Water Wagon for Rest of Life After Tasting Milk Again.

When an ordinary black tomcat with back-fence vocal habits and a tendency to eat chickens and canaries disappears, there is usually no sequel to the story. But when a white cat with a black tail that has lived all his life at war with rats and at peace with pigeons, disappears—that's a different story.

There was grief in the home of Mrs. Anna Lindberg of Milwaukee when Puss, the trusted family cat, suddenly dropped out of the domestic life of the family.

Later Mrs. Lindberg took a clipping from a Vancouver, British Columbia, paper to the humane society offices. The clip told of the opening of a beer car and the finding of an emaciated cat that had been shut up since the car was sent from Milwaukee, on April 25.

"That's my cat," said Mrs. Lindberg. "That's Puss, sure."

Learn what is wrong and correct it before serious organic changes take place. Obviously the first indication of something being wrong will be found in the blood streams.

THE RIGHT START.

In United States bureau of education bulletin No. 24, page 14, appears the following: "There are in the schools of the United States today approximately 20,000,000 pupils. Extensive observations of child health for 20 years and careful study of statistics and estimation of all conditions lead to the following conclusions: From 300,000 to 400,000 (1.5 to 2 per cent) of these pupils have organic heart disease. Over 10,000,000 (50 per cent) and in some schools as high as 90 per cent) have defective teeth, which are potentially, if not actually, detrimental to health. About 15,000,000 (75 per cent) of the school children of this country need attention today for physical defects, which are partially or completely remediable."

This report seems to indicate a condition in this country, but little, if any, superior to that shown to exist in England, and the character of the troubles points to a like cause—namely, insufficient tissue building material, entailing starvation and anemia.

Every human individual begins life as a single cell of about one hundred and twentieth inch in diameter, and from that microscopic beginning in the brief period of 40 weeks, it attains an average weight of approximately seven pounds, and normally is born with a smooth, pink skin and is otherwise perfectly developed.

There is no direct mixture of the blood of the mother and that of the developing embryo. All the processes contributing to its growth and maintenance, including those of respiration and excretion, take place through intermediate structures. This is an extremely wise provision of nature, whereby much of an injurious character in the blood of the mother is barred from reaching the embryonic tissues. Undoubtedly, the cells which form the organs of nutrition for the embryo have a capacity for selecting the elements required for the purpose of nutrition not influenced by the exigencies of commerce.

Were it not for this intermediary process, the embryo rarely would escape being poisoned or otherwise injured by all the varied unhealthy products and substances which the ignorance of some mothers allows to be present in their blood during this important period. Even with this means of protection, the maternal blood may be so utterly deficient in nutritive qualities that the fluids which reach the embryonic cells may be very much impaired in quality.

All the tissues, including the bones, are dependent during the intrauterine life on the supply of nutrient material derived from the maternal blood. Our tissues require proteins, fats, carbohydrates, salts, water and oxygen from the inspired air. If the blood of the mother is deficient in these elements the growth and development of the embryonic bones will be retarded and the imperfections thus begun will be continued in infants whose blood is not restored to a normal state after birth.

Individuals insufficiently nourished before birth enter the world handicapped by blood deficient in nutritive and oxygen-carrying power, and unless this is early corrected, there is as a result arrested development. The effect of a faulty diet in the causation of disease is demonstrated by experiments on animals. Puppies fed on raw flesh exclusively for six months become rickety, and pigeons and chickens fed on starch develop polyneuritis. Therefore, a diet of starch or patent process flour and a small amount of milk is not to be recommended for even the child of strong, robust parents and should be religiously shunned by those of low vitality. An infant cannot thrive on library paste.

Life, blood and food are so intimately blended that it is impossible to consider one without the other, and, blood being the connecting bond between life and food, it is of the utmost importance that it be maintained at its highest point of efficiency, which is, of course, the normal.

Little about the process comparatively little about the process of disposition of the finer structure and composition of the red blood corpuscles and of the blood stream in general. But there is one fact conclusively proved and found to be constant and universal, namely, that good health and hemoglobin content are synonymous.

If your hemoglobin content ranges between 90 and 100 you are rated normal approximately; if below 90 you are anemic, and the gravity of the condition can be very accurately measured by the amount of hemoglobin content distributed among the number of corpuscles present.

It is desirable to keep this fact well in mind. It is the poorly fed, ill clad and poorly educated child of today that is to become the parent of tomorrow.

When Mrs. Lindberg found the humane society could supply her with another cat, she decided to send Mrs. Martha McConnell that she would get her son to send a description of Puss to Vancouver, and if it tallies with the feline of the beer car, she will have the animal sent back to St. Paul. Mrs. Lindberg says her cat had the habit of trespassing on the railway property near her home, looking for rats in the cars.

Anyway, the cat which reached Vancouver, British Columbia, according to the account, was a mere shadow of Tom. Travel in a beer car had to be agreed with him, and he was faint to crawl toward a saucer of milk given him by the custom house officials and swear off beer forever.

Windmill Kept Busy. A windmill in England furnishes electric light for a church and organ and power to blow a church organ.

Women Barred From Funerals. Mexican women never attend funerals.